



# I Can't

Photographs by Ethan Brossard



I Can't









But that doesn't stop the panic.



High School  
Come of age  
Find yourself

Nose

It's right across the street  
Walk over  
One foot in front of the other

Nothing will hurt you  
Calm down

Just breathe

I Can't



But for a long time, my anxiety was something I didn't talk  
about, something I was still ashamed of.  
It wasn't rational, but irrationality never stopped the panic  
attacks, so why should it stop the shame?







These photographs are the story of my personal journey.  
While that story and these photographs are unique to me, the  
experiences I had are all too common.



Thanks to the family, friends,  
therapists, teachers, who got me  
through.

We're all in this together.  
You're not alone.



